



# Amaris says

DISCUSSING MAGICK AND MORE

📅 January 22, 2016

## Protection against threats

*How to protect yourself against negative energies and outside threats can vary depending on the situation, and it often involves several different techniques to cover all bases.*

*Today I was contacted by someone asking how to protect themselves from a stalker. She has a woman following her, damaging her car and giving her evil looks in the store. I'm sharing my response here in case it can help you too.*

Hello,

I would suggest that you make a little protection sphere around yourself, your home, your husband, and your car. This can be done through the visualisation meditation I describe below, but can be enhanced by creating the following 'amulet', if you are able to acquire the ingredients. If not, just do the meditation – either way is fine.

**Protection Amulet:** Take a white cloth (or white paper) and wrap it around (a) Angelica Root or Angelica leaves (2) 1 Amethyst, Black Tourmaline or Black Obsidian crystal (3) a piece of paper cut out in the shape of a house, with your and your husband's names written in brown pen – you can also draw your car on here. When you draw/write this, focus wholly on the items and persons you are protecting. Really conjure them up in your mind. Focus is imperative. Also ask the crystals and herb to protect you and yours from harm – this activates their protective energies. Wrap it up and hold it in your hands or keep it in front of you while doing the meditation.



*Angelica creates a shield against harmful energy*



*Shy Witch by Abril Andrade Griffit*

**Protection Meditation:** Breathe deeply and relax into a meditative state. Invite your spirit guides and any protective spirits to join and assist you in protection. Now imagine your husband, your home, your car, and yourself, all in the room with you. Ask that they all be protected and safe. Then imagine pulling down divine, protective energy from above you – breathe in to pull it into your body, and breathe out to spread the energy into a protective sphere around you. Keep breathing, and visualise this bright ball of divine light surrounding and immersing you and your husband, house and car. Feel it burning like

an impenetrable shield. Know that you will be safe; feel it in your heart. Do this for as long as you like – I'd recommend at least 10 minutes. When you're done, thank the spirits for protecting you, and know that you have this sphere around you at all times. Any time you want, breathe deeply to 'top it up' and feel it strengthen around you.

Finally, one powerful trick I would suggest is that you send some love towards this person who is stalking you. She must be troubled and hurt if she is doing this sort of thing, and if you direct fear towards her, you are feeding the negative energy flow and inviting more of her into your life. But if you instead send love towards her, this high-vibe, caring energy can melt her negativity and help her heal, or at least create a shield which simply will not resonate with her energies, and she will naturally drift away from you. Put your hand over your heart and feel compassion for this confused person, feel your loving heart and direct this love towards her. Wish her all the best. It will feel a bit strange at first, but it makes perfect sense.

This Healing Spell will teach you more about sending loving, healing energy to others (or yourself.)

For more protection tips & tricks, download my free ebook [Essential Guide to Magickal Protection](#).



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## 7 thoughts on "Protection against threats"



📅 January 31, 2016 at 6:06 pm

**Mel**

So funny, I have been looking all week on how to make an Amulet. Google was of little help, so I thought "I better check with my favorite guide Amaris, I bet she'll have some tips!" and of course it was the top entry here on your blog! I absolutely love your work, thank you so much! You have no idea how helpful it has been on my journey 😊

↩ Reply



📅 February 1, 2016 at 2:13 pm

**Amaris**

Thank you, Mel, for your kind words! It warms my heart to know that I am helping people 😊

Blessings & warmest wishes!

~Amaris

↩ Reply



📅 August 28, 2016 at 10:59 am

**Luke**

Thanks for your help. 😊

← Reply



📅 September 5, 2016 at 9:32 pm

**Timore**

there is a person I care deeply for, but cannot be by their side right now. They have broken up a marriage that they were unhappy in, but even now they seem to be slowly fading. I've tried to be there for them, but they are sinking into solitude, only to return even more broken than the day before.

So is there any way I could help them mend their heart from a great distance? I'm scared they might harm themselves if I don't do something...

Please help!

← Reply



📅 October 14, 2016 at 1:55 pm

**Amaris**



Hello! You can send them heart healing energy as described in this Healing Spell:

<http://wiccanspells.info/healing-spell/>

It is a very powerful way of sending high-vibration energy to someone – ideally you would ask permission first, but if you can't, then you can send the energy with the intent that it will only be received by them if they wish for it. It's always good when stating your intention to include the words "for the highest good" or "for their highest good". Good luck & blessings!

↩ Reply



📅 November 6, 2016 at 2:31 am

**I can't say, very sorry**



The judgment of this realm is to nearby for comfort... I need a spell that works for demonics, not just humans... please help me. Being scared is really painful for me...

↩ Reply



📅 January 26, 2017 at 3:35 pm

**Amaris**



This Banishing Spell has been reported effective by many: <http://wiccanspells.info/protection-against-harmful-spirits/>

Hope it all goes well. Love & Light ~Amaris

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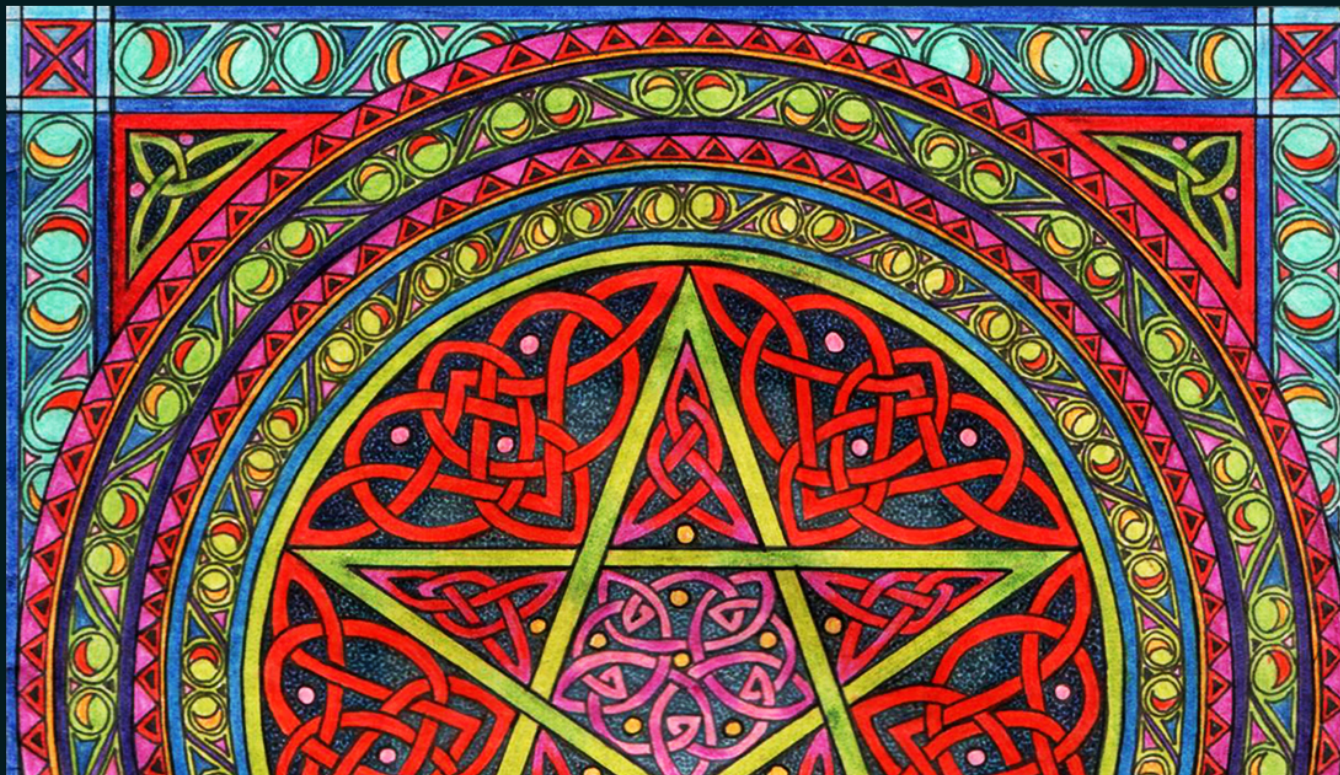
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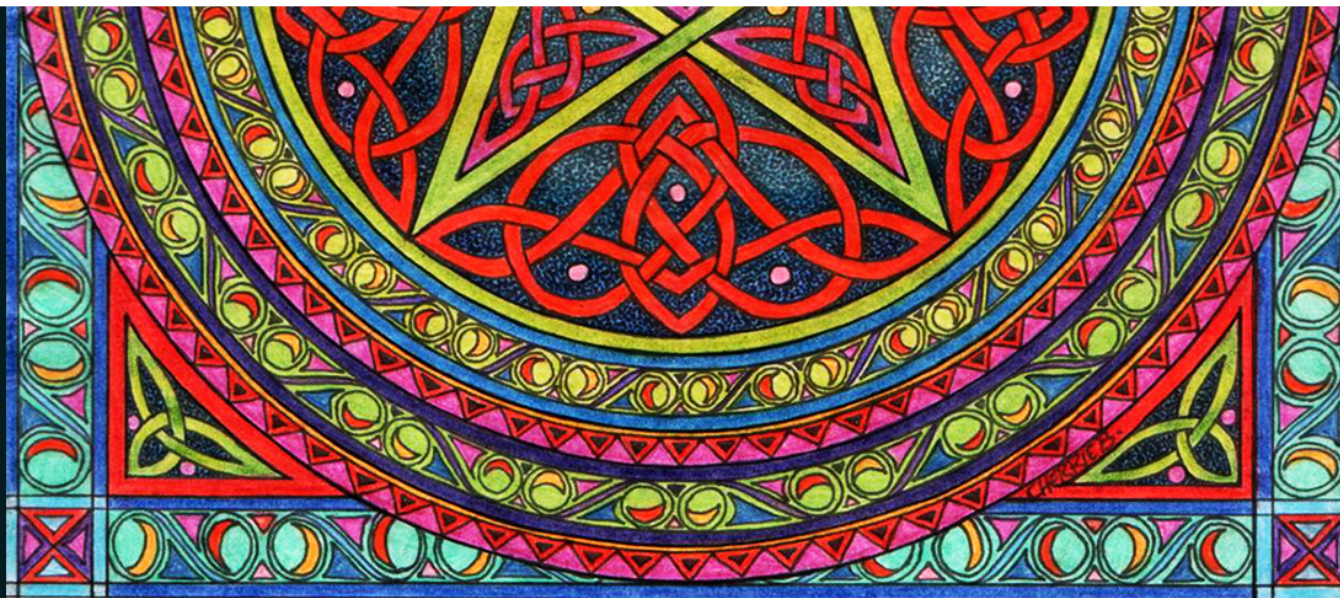
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